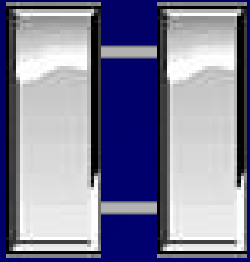


Operational Stress

FM 22-51

CPT Gerry Lebron



Action: Implement Measures to Reduce Operational Stress

Conditions: You are the leader in a unit. You recognize stress related behaviors being manifested within your unit. You have access to FM 22-51 and DA PAM 600-63-10

Standard: Recognized stress related behaviors within the unit. Implemented an effective plan which reduced the impact of operational stress on mission accomplishment and soldier readiness as demonstrated by a reduction in stress related behaviors. Your actions were IAW FM 22-51 and DA PAM 600-63-10



HOW DO THE INDIVIDUAL COPING SKILLS DIFFER

OPERATIONAL

- FACIAL TAUTNESS
- LACK OF CONCENTRATION
- FRUSTRATION
- LOUD, EXPLOSIVE SPEECH
- TENSE POSTURE
- ANXIETY, FEAR, PANIC
- FINGER\, KNEE JIGGLING
- POUNDING & CLENCHING FIST WHILE WALKING
- IRRITABILITY OR EDGINESS

COMBAT

- WITHDRAWAL
- TEMPER
- DEPRESSION, INSOMNIA
- ERRATIC ACTIONS, OUTBURSTS
- LOSS OF SKILLS & MEMORIES
- IMPAIRED VISION, TOUCH & HEARING
- HALLUCINATIONS, DELUSIONS
- IMPAIRED DUTY PERFORMANCE
- HYPERALLERTNESS



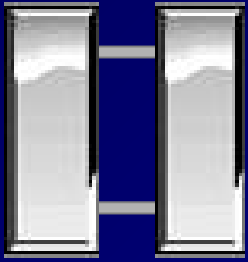
FACTORS WHICH INFLUENCE COMBAT AND OPERATIONAL STRESS

OPERATIONAL

- REALISTIC TRAINING
- UNIT COHESION
- OPTEMPO
- FAMILY
- FINANCIAL
- PROBLEMS
- TDY/PCS MOVES

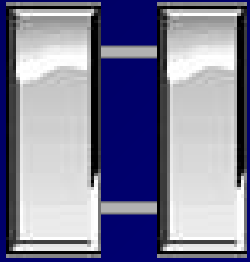
COMBAT

- UNIT COHESION
- SENSE OF MISSION
- BATTLE FATIGUE
- MALNUTRITION
- UNPREDICTABILITY
- FEARS & ANXIETY
- INJURIES



STRESS

- **BODY'S RESPONSE TO A DEMAND (STRESSOR)**
- **EVENTS OR SITUATIONS WHICH:**
 - **REQUIRE A CHANGE**
 - **CREATE INTERNAL EMOTIONAL CONFLICT**
 - **POSE A THREAT**
- **THE DEMAND MAY BE PHYSICAL OR MENTAL**
- **STRESSORS CAN BE POSITIVE OR NEGATIVE DEPENDING ON HOW THEY ARE**

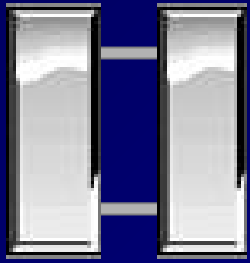


USEFUL STRESS

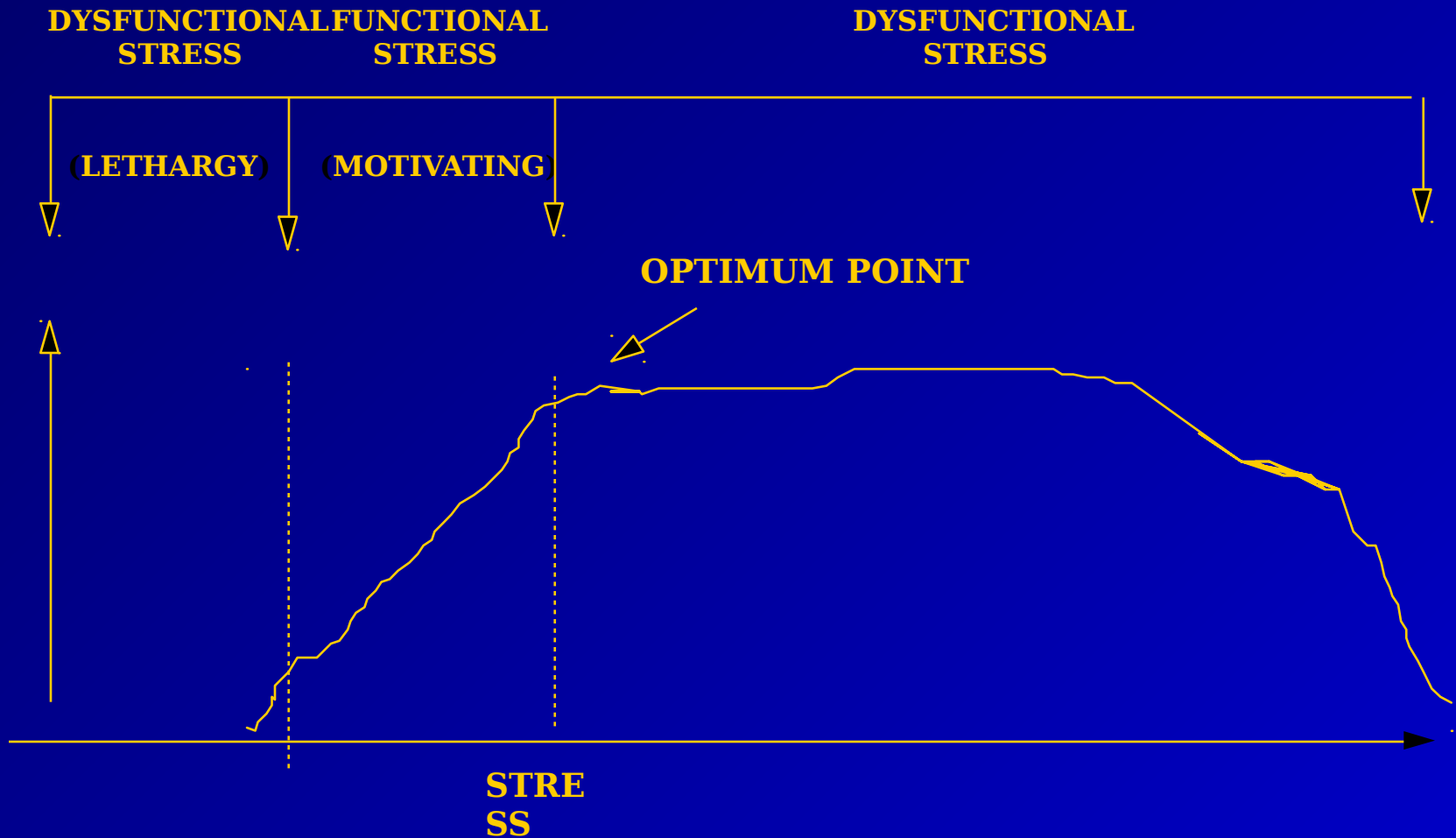
**THE PRESSURE THAT HELPS US MEET AND OVERCOME
UNPLEASANT OR PAINFUL SITUATIONS**

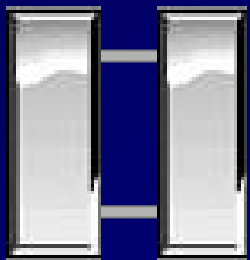
HARMFUL STRESS

**EXCESS MENTAL AND PHYSICAL STRAIN ON THE BODY
WHICH CAUSES PHYSICAL AND MENTAL PROBLEMS**



THE STRESS-PERFORMANCE RELATIONS



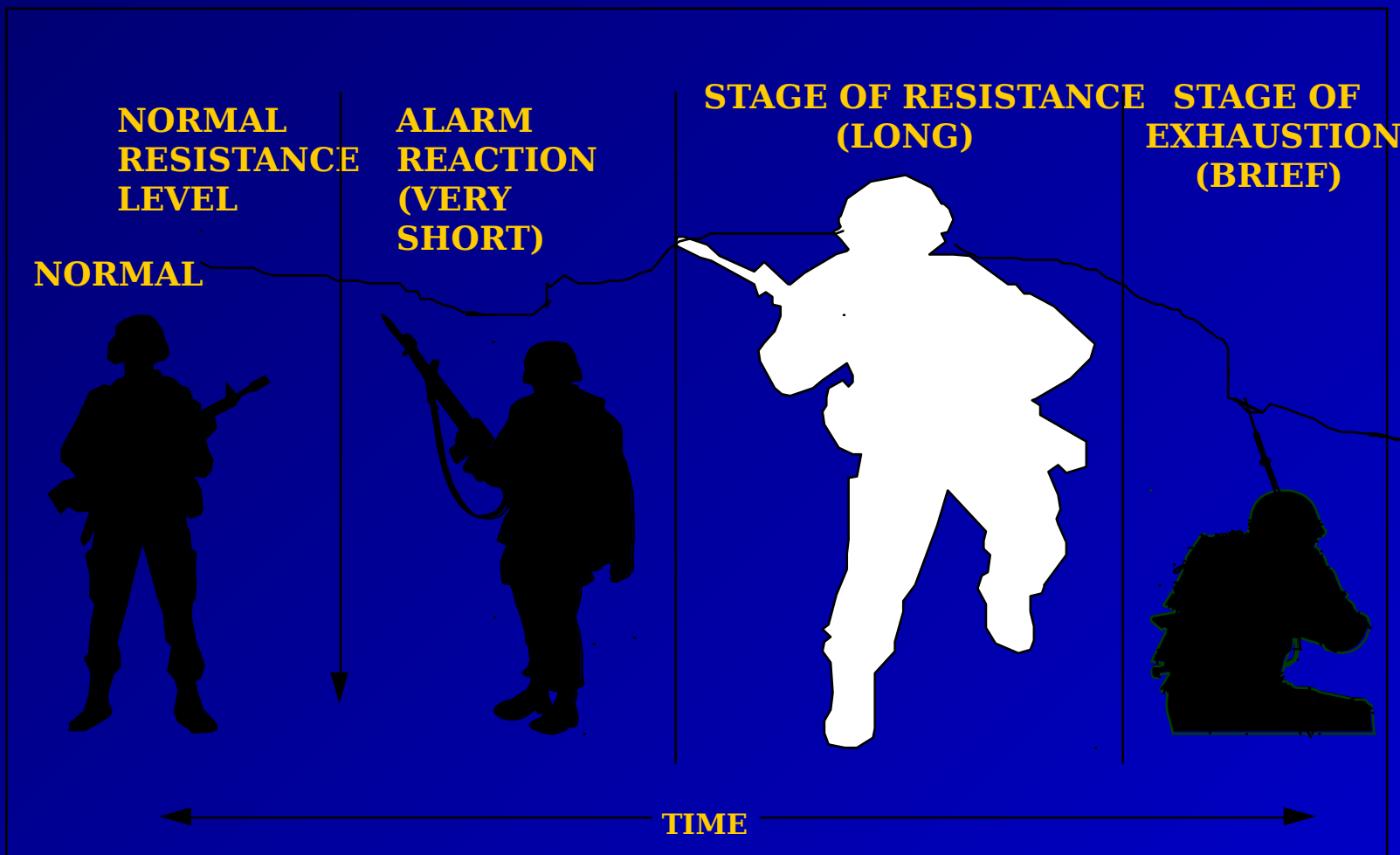


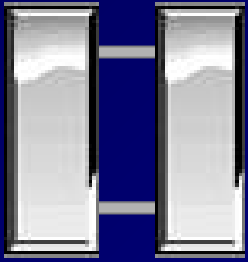
STAGES OF STRESS ADAPTATION

HIGH

**STRESS
RESISTANCE
LEVEL**

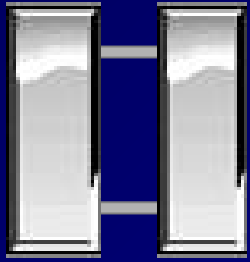
LOW





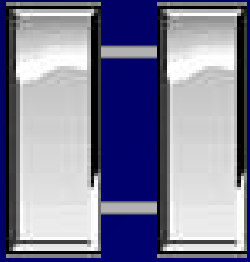
COPING WITH THE IMPACT OF STRESS

- **PRACTICE STRESS-COPING TECHNIQUES**
 - **COUNSELING**
 - **SIMPLE RELAXATION TECHNIQUES**
 - **PREVENTATIVE TECHNIQUES**
- **PHYSICAL PREPARATION**
 - **GET ENOUGH SLEEP**
 - **EXERCISE**
 - **EAT RIGHT**
- **MENTAL PREPARATION**
 - **TALK ABOUT YOUR PROBLEMS**
 - **ACCEPT WHAT YOU CAN NOT CHANGE**
 - **SET REALISTIC EXPECTATIONS**



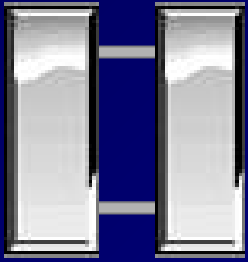
LEADER'S ACTIONS TO REDUCE STRESS WITHIN A UNIT

- **PROMOTE UNIT COHESION**
 - **TEAM COHESION**
 - **INTEGRATE NEW ARRIVALS QUICKLY**
 - **KEEP MEMBERS OF SMALL TEAMS ALWAYS WORKING TOGETHER**
 - **CONDUCT AAR DEBRIEFINGS ROUTINELY**
 - **RECOMMEND EXEMPLARY SOLDIERS FOR AWARDS AND DECORATIONS**
 - **BE VISIBLE**
 - **SERVE AS AN ETHICAL ROLE MODEL**
- **ASSURE PHYSICAL FITNESS**

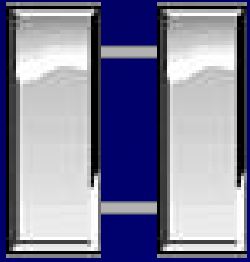


LEADER'S ACTIONS TO REDUCE STRESS WITHIN A UNIT (CON

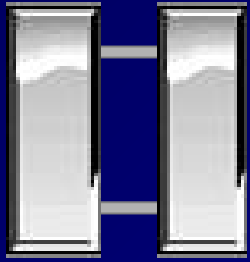
- **CONDUCT TOUGH, REALISTIC TRAINING**
 - BUILDS CONFIDENCE
 - ENSURE RISK ASSESSMENTS ARE CONDUCTED
 - CROSS TRAIN SOLDIERS WHENEVER AND WHEREVER POSSIBLE
- **CONSERVE THE WELL-BEING OF THE TROOPS**
 - ALLOCATE RESOURCES TO "TAKE CARE OF THE TROOPS"
- **KEEP INFORMATION FLOWING**
 - KEEP ACCURATE INFORMATION FLOWING DOWN TO THE LOWEST (AND BACK UP AGAIN); DISPEL RUMORS
 - PROVIDE THE JUNIOR NCO'S AND OFFICERS WITH THE NECESSARY GUIDANCE
 - PROVIDE AS MUCH INFORMATION TO THE SOLDIERS AS POSSIBLE
 - ENCOURAGE SHARING OF RESOURCES AND FEELINGS



Practical Exercise



Questions



Summary